



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Die Bodenläufer

□□: ETH

□□: 69

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:51:50

□□: 10.68 km/h

□□□□: 5:34 min/km

□□□□□: 635 (of 790)

□□□□□□: 6:52:28

□□□□□: 341(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:06	105	5:17	262	6:40	4.40	22:29	5:06	1	22:29	1	22:29
Buchlern	13.25		4:43	189	15:05	410	19:35	17.65	1:25:05	4:49	1	1:25:05	1	1:25:05
Uetliberg	6.20		7:31	429	17:30	730	21:06	23.85	2:11:47	5:31	1	2:11:47	1	2:11:47
Felsenegg	5.90		7:15	461	20:14	772	22:55	29.75	2:54:39	5:52	1	2:54:39	1	2:54:39
Buchlern	14.02		5:45	394	28:56	687	32:57	43.77	4:15:24	5:50	1	4:15:24	1	4:15:24
Hönggerberg	11.10		5:31	291	19:33	548	22:14	54.87	5:16:47	5:46	1	5:16:47	1	5:16:47
Irchel	5.10		5:28	206	8:50	433	11:10	59.97	5:44:43	5:44	1	5:44:43	1	5:44:43
Fluntern	6.34		5:07	160	8:38	365	10:43	66.31	6:17:14	5:41	1	6:17:14	1	6:17:14
Forch	11.30		5:36	302	21:53	571	24:45	77.61	7:20:39	5:40	1	7:20:39	1	7:20:39
Egg	8.75		4:58	79	10:03	219	11:17	86.36	8:04:07	5:36	1	8:04:07	1	8:04:07
Zumikon	12.99		5:00	109	12:01	290	18:10	99.35	9:09:16	5:31	1	9:09:16	1	9:09:16
Witikon	6.91		6:01	440	17:45	743	20:33	106.26	9:50:51	5:33	1	9:50:51	1	9:50:51
Fluntern	4.90		6:13	393	13:41	684	14:13	111.16	10:21:23	5:35	1	10:21:23	1	10:21:23
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Irchel	5.64		5:23	303	10:14	558	11:48	116.80	10:51:50	5:34	353	2:41:38	654	3:59:54